

Physical Activity & Nutrition Tips for Kids¹



Fact Sheet

Attitude

- Remind yourself that **healthy bodies and happy people come in all sizes**, and that no one body shape or body size is a healthy one or the right one for everybody. **Kids and adults who exercise and stay active are healthier, no matter how much they weigh or how they look.**
- Your body is the vehicle that will carry you to your dreams, **so be sure to honor it, respect it and fuel it properly.**

Physical Activity

- **Find a sport or activity you enjoy doing and do it!** Basketball, soccer, jumping rope, dancing, and karate are just a few. Join a team, play with a friend, or practice by yourself.
- **If you've been sitting for more than 30 minutes, get up and move around.** Limit your television, video game and computer time to one hour per day or less. Doing something active will give you more energy.

Nutrition

- **Avoid soft drinks, punch, and fruit-flavored drinks.** Most of these beverages have about 15 teaspoons of sugar in every 20-ounce bottle. **Grab bottled water or milk instead.**
- **If you are sad or mad or have nothing to do – and you're not really hungry – find something to do other than eating.** Talking with a friend, parent, or teacher is often helpful.
- **All foods are O.K. once in a while, but if you're eating fast food more than once a week (at school, at a restaurant or on the run), try to find some healthy alternatives.** Can you bring a healthy sack lunch? Carry fruit with you to compliment your fast food? Choose smaller portions of fast food?
- **Resist advertising that tries to convince you that bigger portions are a better deal.** Share large portions of French fries, extra long candy bars and oversized bagels and muffins with a friend!



¹ Source: Julie Metos, RD, Primary Children's Hospital.